

# August Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

[www.FrederickCountyMD.gov/aging](http://www.FrederickCountyMD.gov/aging)

The meal is served at Noon. Reservations must be made at least 48 hours in advance.  
\$4.80 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
<b>4</b> Pizza Burger Mozzarella Cheese Copper Pennies Diced Pears	<b>5</b> Split Pea Soup Fresh Tossed Salad Roast Turkey / Gravy Mashed Potatoes Green Beans Fruit Cocktail	<b>6</b> Tropical Fruit Cup Vegetarian Hamburger Cheese Slice Baked Beans Carrots Fresh Seasonal Fruit	<b>7</b> Chef's Choice
<b>11</b> Chicken Breast Teriyaki Rice Sliced Carrots Pineapple Tidbits	<b>12</b> Baked Potato Tossed Salad Ranch Dressing Chili con Carne Shredded Cheddar Cheese Applesauce	<b>13</b> Turkey Multi Bean Chili Corn Muffin Baby Whole Carrots Tropical Fruit	<b>14</b> <b>Breakfast for Lunch</b> A variety of breakfast food will be offered
<b>18</b> Meatloaf with Brown Gravy Macaroni & Cheese Green Beans Fresh Apple	<b>19</b> Turkey Burger Lettuce Garnish Fresh Grape Tomatoes Potato Salad Pears, Diced	<b>20</b> Pulled Pork Sandwich Cold Broccoli Salad Chunks of Sweet Potatoes Pineapple Chunks Coconut Cream Pie	<b>21</b> Chicken Patty Sandwich Cole Slaw Potato Salad Fruit
<b>25</b> Baked Chicken Breast in Tomato Parmesan Sauce Green Bean Salad Ziti Noodles in Garlic Sauce Fresh Seasonal Fruit	<b>26</b> Multi Bean Soup Fruit Cold Plate W/Cottage Cheese, Hard Boiled Egg Peach & Pear Slices Pineapple Ring Lettuce and Tomato	<b>27</b> Breaded Chicken Drumstick Mashed Potatoes Fresh Cabbage Slaw Fruit Cocktail	<b>28</b> Grilled Cheese Sandwich Tomato Soup Cole Slaw Fruit

# Urbana Senior Center

## Congregate Meals Information

### Dates and Times

Monday-Thursday (excluding holidays)  
Meals served at Noon

### Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.  
Cancellations may be made up to 24 hours in advance.  
Register in person at the Center or call 301-600-7020.

### Cost

The cost is \$4.80 per participant per meal.  
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.  
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

### Payment

Checks should be made payable to "Frederick County Department of Aging".  
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

### Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at [www.FrederickCountyMD.gov/doa](http://www.FrederickCountyMD.gov/doa) . The menus are subject to change.

### Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

### Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.